

1929

The Iowa Homemaker vol.9, no.1

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Recommended Citation

Leith, Isabel; Dean, Ruth; Davidson, Margaret; Stewart, Ruth; Marnette, Margaret; Forbes, Florence; Turner, Marcia E.; and Caulum, Vera (1929) "The Iowa Homemaker vol.9, no.1," *The Iowa Homemaker*: Vol. 9 : No. 1 , Article 1.
Available at: <http://lib.dr.iastate.edu/homemaker/vol9/iss1/1>

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The Iowa Homemaker vol.9, no.1

Authors

Isabel Leith, Ruth Dean, Margaret Davidson, Ruth Stewart, Margaret Marnette, Florence Forbes, Marcia E. Turner, and Vera Caulum

THE IOWA HOMEMAKER



IOWA STATE COLLEGE

ANTE SCRIPT

Women and Farm and Home Week

The following letter from Mabel Campbell, chairman of Home Economics at University of Missouri was sent to Dean Fisher in regard to an inaccuracy occurring in the last issue:

"In reading the March issue of the Iowa Homemaker I have noticed an error in the article on page 5 regarding Farm and Home Week. I am calling it to your attention only because I am sure that the College is anxious to keep our history straight. The error to which I refer is paragraph three, which says, 'previous to 1923 women were excluded from the program (referring to Farm and Home Week). There may have been a period between 1910-11, and 1923 when this was true, however, I am sure that during the years 1904-05, to 1909-10, that the women were included each year in the annual Farm and Home Week program which was held during the Christmas holidays.

"So far as I can remember, I may be wrong in this however, the first such meeting was held in 1904-05, the meeting being held in the room that is now the Womens Gymnasium. The talks and demonstrations were given largely by members of the Senior class, some members of the staff however, participating. The only out of town speaker present at that meeting was, Florence Walls. The 1905-06, meeting was held in the lecture room in the Engineering Building. Demonstrations were given every morning and afternoon during, I think, one full week. I am not sure about the next year, but it was either in 1906-07, or 1907-08, that the meetings for women were held in the Home Economics Department, regular classes in cooking and sewing being conducted. They were held in every conceivable corner in the rooms in the back of Margaret Hall. I do not remember who the out of town speakers were except Caroline Hunt was there and that the present State Leader of Extension work for Women in Wisconsin, was there one year, also Margaret J. Blair, who was then at the University of Minnesota.

The early meetings were very well attended by rural women also many from Ames were in attendance. I remember one year but I'm not sure which year it was, that an enrollment fee was charged.



May

Margaret L. Marnette

It is May and the song
Of the birds in the trees
Calls out to the world,
"Where are days such as these?"
And the daffodils nod
To the bees as they fly
And the wind blows warm
As the white clouds go by.
It is spring. Can't you feel
As you walk on your way,
All the wonder of life
We find in this May?

I am sure that the old programs of Farm and Home Week would give you much interesting information concerning the participation of women in those early meetings.

"You will note that I am longing for accuracy in our history. Several times recently I have heard of the beginning of Extension work in other states. No one seems to know that Iowa State College, way back in 1906, employed a full time worker in Extension work with women, Mary J. Rauch, and for at least two years before that the resident department was regularly furnishing many speakers who went out to address groups of women, discussing various phases of home problems.

I am hoping to get home for a week end in the near future. If so, you can expect a call.

Signed—Mabel V. Campbell.

Parenthood Problems

Mrs. Sidone Gruenberg, director of the Child Study Association of America, lectured on the "Outstanding Problems of Parenthood," March 25th in Catharine MacKay Auditorium.

"Parents must meet a new day in a new way," she said, "as both the needs and resources are greater today."

The first child development studies were made on adolescents then came the babies, the school child and lastly the pre-school child with an age range of from 2 to 5 years.

She continued, saying that democratic schools and autocratic homes will not mix, and that obedience instead of being an end to subjugation should be a tool to make the child like a happy country without a history.

Among the outstanding problems or objectives that the modern parent has to deal with, she mentioned discipline, sex education, setting of standards and ideals in the home, the searching for technical help that would give continued growth to the parent, and the making of the home into a refuge where the child never suffers to the fullest extent for his mistakes as he does in other places of life.

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THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemakers' School"

VOL. IX

MAY, 1929

NO. 1

The Eternal Subject

Isabel Leith

Since Eve wandered out of Paradise attired in a garment of fig-leaves, women's apparel has been the cause of much comment by the members of both sexes. According to Teufelsdröck, the first purpose of clothes was ornament. After man's pains of hunger and desire for revenge were satisfied, his next care was not comfort, but decoration or adornment. Clothes did not hold the important place that they hold today; a string of beads, a pattern tattooed or painted, a flower in the hair and he was dressed. The Indian would probably stay naked rather than part with his feathers and beads. Desire for beauty is said to be the basis of every passing fashion of the savage, of the barbarian and of civilized man. Modern dress seems to change because of the desire for something new and more satisfying aesthetically than the old.

With the development of civilization, the waist-belt of feathers, bones, or other trophies gradually became the apron, and later was transformed into the skirt. After the development of the art of weaving, garments were made to cover the whole body. In southern countries long loose garments were adopted, but in the more severe climates where the loose tunic and mantle were not enough to keep them warm, close fitting garments were worn and the legs were wrapped in cloth or skins. Though trousers are perhaps of oriental origin, they finally became established as the type of men's dress, while the dress with the long skirt became the conventional dress for the women.

Through various periods down to the present, dress has changed from one extreme to another. All types of garments have been worn, from the graceful flowing lines of the Greek dress which followed the lines of the figure to the corseted figure with the wasp-like waist, and from the simple flowing garments of the middle ages to the drum-shaped crinoline frocks of the sixteenth century.



"A creation of 1847."

Not only has the type of dress changed, but also the shape of the figure.

There have been efforts to restrict woman's dress. Many sumptuary laws have been passed, but seldom enforced, telling what one could, and what one could not wear. In Greece the women are forbidden to wear pins to hold their garments together on the arms and along the sides of the dress. In the sixth century B. C. no more than three garments could be worn. In the sixteenth century scarlet could be worn only by those of high rank in the nobility. Marie de Medici required that her ladies-in-waiting must not have a waist larger than 15 inches. Old English laws regulated the length of garments and the kind of materials that might be used. The serving men and women were restricted to short skirts, while only the graduates of universities, knights and others of nobility, could wear their skirts long. In the seventeenth century no lady could be present in court unless she wore a corset. In this country in the early days, Massachusetts taxed the women for ela-

borateness in dress, when they attended large public gatherings. The Quakers by restriction of their organization were also forbidden extravagance and gay colors. Their costume was therefore of plain somber colored homespun in browns, grays and blacks. Another Massachusetts law prevented the importing of lace and ribbons for decoration and elaborateness in the costume. More recently attempts have been made to pass legislation restricting the length of skirts. A few years ago regulations were enforced at public bathing beaches to prevent anyone on the beach with a bathing suit shorter than a specified length and to see that hose were worn. A modern restriction on dress appeared when a college president forbade students from going without hose on the campus. These laws and regulations have been designed to direct what women should wear, but such laws have not always been effective, for the modern restrictions seem to be made not on what is worn, but on what is not worn.

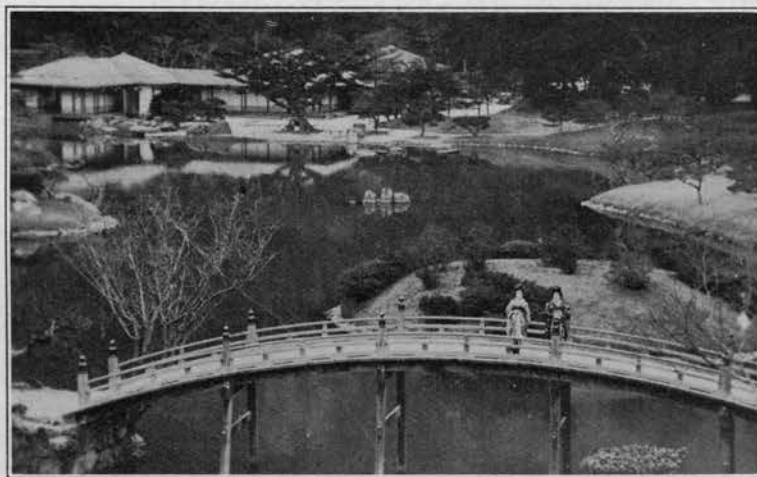
Woman's dress has until very recent years dragged on the ground. It is only very recently that they have been worn even at ankle length. Early in the nineteenth century the dress of classic simplicity held sway. It followed the lines of the body and was graceful. In 1837, Queen Victoria introduced an era of fancy work and of sentiment, which was felt throughout the world. For stout Victoria's sake the body was hidden beneath puffings, and paddings and remained thus till the end of the century.

Beneath the voluminous skirt, three petticoats were worn, one of flannel, one of heavy moire, and one of stiff and rustling silk or starched muslin. Next to the body a woollen encasement was worn with a stiff corset of whalebone and steel which held with a vice-like grip. The most fashionable people were always ailing. Anemia was the vogue, and the lady marked her illnesses by her swoon-

(Continued on page 14)

Japanese Life

Ruth Dean



THE Japanese people, according to Dr. Elizabeth Hoyt, professor of economics, at Iowa State College, might exchange their knowledge of art and social grace with the American people for their knowledge of applied sciences, and benefit both parties concerned.

A new interest in home economics is springing up in Japan. "The students," Dr. Hoyt said, "are hopping out of their seats in eagerness to learn." Higher education for women is very limited in Japan. A girl of good family does not necessarily go to college. The object of her education is to make as charming a wife as possible. She is instructed in flower arrangement, tea ceremony, and making landscapes in trays from gravel.

The home economics work done in the colleges, both American and Japanese, is similar to that carried on in our own colleges. All instruction, however is given in the Japanese language.

During her recent visit to Japan, Dr. Hoyt noted several customs and practices of the Japanese people that are especially interesting to students of home economics. She spent some time visiting with Miss Sarah Field who graduated from Iowa State College in 1915. Miss Field is now teaching in Kobe College, an American college in Japan.

Simplicity is the keynote of Japanese home decoration and furniture. Each room has one decorative object for the center of interest. They believe that additional objects distract the mind, that since they enjoy one piece of music at a time, the same should be true of the center of interest.

It is possible for the Japanese to live

in fewer rooms than Americans do because they do not use separate bedrooms. Beds are made up on the floor at night. In the daytime the bedding is rolled up and put in a closet. The rooms are separated by sliding partitions of paper in wooden frames. The partitions may be opened and the whole house made into one large room if desired.

The atmosphere of the Japanese home is very peaceful. The shoes are always removed upon entering the house. This little custom gives one the sense of going into a place set apart for rest and social intercourse.

Almost every house has a roofed veranda with a highly polished floor of beautiful wood. The floors of the rooms within the house are covered with matting.

The furniture is very simple and there is but little of it. Very low tables, perhaps six inches high, and several chests comprise the furnishings of a room. The rooms are sometimes cold in winter since they are heated only by small braziers or stoves.

A garden is an essential part of a Japanese home. Birds in cages and goldfish are generally found in the garden.

The Japanese customs of eating are quite different from our American customs. Often a family will gather around small braziers, similar to our gas plates and cook the meal right there. This practice of "guynabi," Dr. Hoyt suggests, would be an interesting way of entertaining our friends. Certain restaurants in Japan use this method exclusively. The food to be cooked consists of several kinds of vegetables including onions, and always thin slices of beef. The Japanese cook their food only long enough to kill the bacteria.

Bean curd is a very nourishing food made from the soy bean. It constitutes the chief source of protein for the poorer class of Japanese.

Some of the common foods consumed in Japan are fish, certain kinds of sea weed, cooked lily bulbs, mushrooms, vegetables, and rice in large quantities. As guest-of-honor at one dinner Dr. Hoyt was served with the fish's eye. The food is eaten with chop sticks. Soup, however, may be drunk. To make a noise while eating is to show appreciation for the food.

Motives in Clothing Selection

A study of the motive for the choice in purchasing clothing was made by Miss Frances Seeds for her master's thesis, which she completed in the Textiles and Clothing Department last year under the direction of Miss Katherine Cranor, Professor of Textiles and Clothing.

This study was made possible through the cooperation of 422 Iowa housewives, business and college women. These were interviewed as to purchasing habits and motives influencing the choice of clothing. Only hats, shoes and dresses were checked.

Becomingness of line determines choice of clothing more frequently than other motives. Next in importance are becomingness of color, to replace worn clothing, good quality and workmanship. Love of spending influenced less often than other motives. To suit a man's taste was given as a reason by over 25 percent of the women. The ranking of motives was not greatly influenced by training.

The motives determining the choice of the various articles of clothing are practically the same in all groups. In the purchase of sport and street dresses, quality and material is given first consideration, while for afternoon and evening dresses becomingness of color ranks first.

The data indicates that it is difficult to analyze motives for choice because they are so largely individual. Women do not purchase clothing for the reasons that they think should govern choice.

The reasons given for having unused garments on hand all indicate unwise selection.

More than half of the women interviewed do not follow a shopping plan of any kind. Trained housewives follow a plan more frequently than the other groups.

Ready or Never Ready?

Margaret Davidson

"Do come in neighbor. You don't mind if I go on with my cleaning do you? How can you get done so soon? Seems to me I'm never through, especially with my cleaning. I just get one thing done and it's ready to be done again."

Such was the greeting given to Mrs. Ready as she walked into Mrs. Never-ready's kitchen one afternoon. The conversation soon developed into a discussion of cleaning problems.

"How do I finish so soon? Well, one thing that saves time is my daily schedule," offered Mrs. Ready, "I decide how much time for one day I'll spend on cleaning. Then I group the jobs I expect to do together."

"But how do you keep to your schedule?" asked Mrs. Never-ready. "What happens if you get behind?"

"I try to make it liberal enough to allow for telephone calls, or other interruptions. So many people make schedules they could never follow. Remember, you can't always work at top speed."

"Another thing that saves time," Mrs. Ready continued, "is to route your work so you don't have to go back. It is easier to start in the kitchen and go on through all the other rooms on the first

floor. I don't have to carry all my brooms and brushes back, and I clean as I go along. I do my spring house cleaning that way, and John doesn't mind at all. He hardly knows about it. I begin at the top of the house and go down, doing one room at a time."

"Of course," Mrs. Ready added, "You realize that the equipment you use may help with your cleaning. I see you have a vacuum cleaner. Do you use the attachments?"

"Why, I haven't used those attachments but once since I got them," said Mrs. Never-ready.

"You must try them. Are they easy to use? I use mine on my furniture, clothes and walls almost every week. Now you can get a small vacuum cleaner about the size of an iron, to use instead of the attachments. The best thing about a vacuum is that it doesn't just stir up the dust, but takes it all away."

"Have you seen all the new brushes you can get to help with the cleaning? There's one for every job. If you get the right one, it can save time for you. Most of them have handles long enough so you don't break your back using them."

"Wait a minute, Mrs. Ready," interrupted Mrs. Never-ready, "I must run out and get my dust cloth. I forgot it."

"That reminds me of a suggestion from the carpenter," began Mrs. Ready after Mrs. Never-ready had returned. "When he fixed my cupboards, he had one box that held all his tools. I fixed a basket and put my cleaning equipment in that. Now, when I take my basket I know I have with me all I need."

"Isn't that fine! You never have to run back for your dust cloth, do you?" asked Mrs. Never-ready. "What else do you keep in your baskets?" she asked.

"Besides my dust cloth and brushes, I always have a chamois skin to rub the glass bright, a bottle of furniture polish and a small can of floor wax to use where needed, and plenty of dry soft, rags," answered Mrs. Ready. "You may think it queer, but I carry a small bottle of water, too, so that I do not have to waste steps going to the faucet to moisten the cloth or chamois when I need it."

"I think that is a splendid idea and I shall surely have a cleaning basket myself by next week," answered her neighbor.

Get Those Germs

Ruth Stewart

Germs are little things but it is the little thing that counts in keeping the family healthy and happy. Many materials are commonly sold as disinfectants that do not have any germ-killing value. They merely give a pleasant odor or one suggesting cleanliness. Yet real disinfectants are cheap.

Sunlight is a great destroyer of germ life and in combination with dryness and cleanliness, it is a good disinfectant. We know that the mere act of cleaning removes some of the germs from the surface, and that ordinary scrubbing and mopping destroys many more. Therefore, rule one, is to have sunlight and cleanliness.

Fire is a purifier and rubbish and articles of little value, which we can not use any more, can be burned. Old clothing may be given away. According to the Department of Agriculture Bulletin 1051, moths can be controlled effectively and at a reasonable cost. Bulletin 926 deals with disinfectants; 658 with cockroaches; 627 with house centipedes; and 754 with bed bugs.

Ordinary soaps have a limited disinfecting power. The common commercial soaps, especially the colored soaps, are frequently of poor quality, contain rosin instead of the fatty acids, and are not to be depended upon. We can also avoid the soft soaps on account of the presence of all the impurities of the fat and alkali from which they are made. There are other conditions which render the use of soaps uncertain, the chief of which is the hardness of the water. Experts say that the addition of medicinal agents to soaps is meaningless and wasteful. Treated soaps may be less efficient as an antiseptic than a pure soap unmedicated. Many times the consumer pays for the gilded package. Soap is a matter of chemistry. Any competent chemist can tell how it should be made, what it ought to cost, and perhaps even where to find it. Tri-sodium phosphate, a newly developed cleansing agent, has come into use for soap, powders and similar objects. It retails for 16 to 20 cents per pound and may be purchased at 4 cents per pound. It softens wash and boiler water. It

cleans marble walls, staircases, dishes, glassware, windows, dairy utensils, bathtubs, and refrigerators. It is bottled and perfume is added and sold as bath salts.

Brushes are necessary to every house-cleaning campaign. It is better to have certain brushes for job. It is also important to have just the right number, not too many and still enough. There is a brush with a long handle to clean the refrigerator drain. There is another long handled brush which fits the radiator. Wall brushes, scrub brushes and mops are also necessary to help us.

He wrote of lords and ladies
(He lived in Arkansas).
He wrote of countless millions
(A "V" filed him with awe).
His tales indeed were many,
His sales alas were few;
He wrote of things he'd read about
And not of what he knew.

—Anonymus.

VEISHEA

Margaret Marnette



"A Veishea May Fete Scene."

THERE just could not be an Iowa State Student or alumnus who does not thrill to the word, "Veishea." There is something about it that lends a delightful excitement, perhaps not unlike the word "circus" to a small boy. Veishea is a circus, a six ring one that takes every minute of the short time to see, and then is remembered from year to year.

Many students feel their time is well spent that they put into preparations for Veishea. The slogan for Veishea has always been "Iowa State on Display." It's the time when we dress up to show off before our friends and relatives what we do the rest of the year. That should certainly be the inspiration for more students to assist with the preparations in order to prove that their time has been worthily directed.

This year marks the ninth year Veishea has been a part of Iowa State. Prof. Frank Paine of the engineering division is the originator of the word which is taken from the first letters of the five divisions of Iowa State. At first Veishea was the result of the various celebrations such as the Engineer's St. Patrick's day, and the Ag's carnival, and the Home Economics open house.

All of these took much time and caused much friction because many people were interested in more than one division, so the Board of Deans decided to combine them all and have a three-day celebration in May. A night show was added after several years. Later a convocation and moving up ceremony were instigated. A parade was the next added feature.

So Veishea has progressed, each year adding a little more and better to the program.

This year, Wallace Stanton, Glen Elyn, Ill., is general manager. His committee began their work last fall when most of us were still thinking what good times we had in the '28 Veishea.

John Hoyt and Roy Grout, seniors and prominent in college musical circles, began working on their entry for the nite show last spring. Their diligence was rewarded by the first prize of \$50.00. The subject theme this year is "Beauty Mad," and concerns the search for a preparation which will make all women beautiful. The libretto and music are said to be the best which have been heard here for some time.

The May Fete, always a popular feature of the first day of Veishea, is centered around an old French fable, the "Cook of Chantilly." The fable describes a feast prepared for Louis XIV, king of France, and Margaret Marnette, senior in technical journalism, won the first prize of \$20.00 for her arrangement of the synopsis which is titled, "The Feast of Louis."

Mary M. Beyer and Ruth Wagner of Ames won second prize for their scenario, "Derrydown Farings," a delightful story of the Devil's henchman at an English Fair.

Open houses will attract most of the visitors again this year. Gerald Lineweaver is general chairman of open house.

William Bowie, student chairman of Memorial Union dances, was able to se-

cure the services of Cato and his Vagabonds for the three dances which will be given in Great Hall every evening during Veishea.

The parade, the athletic carnival and the convocation will of course draw many interested. All in all, it seems that this will be quite the most successful Veishea we've had.

How is Your Disposition?

"Men and women can improve their dispositions enormously by eating more fruit and vegetables," declared Chef Herman Breithoff, of the Savory Hotel of Des Moines, in a talk before the institutional equipment class of Iowa State College during the recent visit of the class to Des Moines hotels.

Disposition depends on health, explained Chef Herman, and in his estimation health depends largely up on the amount of fruits and vegetables the individual eats.

"In order to encourage eating of vegetables, fruits and whole grains, we make a specialty of our vegetarian and fruitarian dinners," he continued, as an assistant deftly set up one of the chef's popular fruitarian dinners consisting of peaches, prunes, grapefruit, pineapple, raisins and steamed whole wheat and rice attractively arranged in cups of lettuce leaves.

"People who eat in public dining-rooms are more and more depending on the judgement and skill of the chef in providing them the food they need," said Chef Herman.

"One of the most popular services in our coffee-shop is what I have named a health salad. It consists of a large serving of raw carrot-cabbage-tomato salad arranged at one end of a silver platter, and a big, fluffy stuffed baked potato at the other end," he said as he quickly set up such a service before the class.

People who do clerical or other indoor work are gradually demanding less meat and more fruits and vegetables in their meals, he continued.

In working out his dietary plans, Chef Herman said he finds it easier to work with young men rather than with older men who have had much experience.

"I have my own ideas and ways of doing things, and young men will do as I wish, while older men are to set in their ways," he chuckled. "And young men learn quickly, too," he added. "For instance, it used to be thought that seafoods could be properly prepared only by men with many years of experience.

(Continued on page 13)

Built-in Features

In the small space allotted to the kitchens of our newer houses we find that every inch must lend itself to one of several uses if the room is going to be a truly efficient work shop. Sometimes the carpenter can help to utilize the space to better advantage by suggesting or even building certain pieces of equipment into the wall, leaving more floor space for the equipment which must be portable. Almost invariably we find, also, that the built-in kitchen is more easily kept clean and orderly than the one in which everything is movable.

We are all quite familiar with the built-in cupboards, cabinets, and ironing boards, which have proved their worth in our own kitchens. Perhaps there are other devices which may be equally valuable.

"Shall we have breakfast in the kitchen?" This question suggests a definite saving of steps to the homemaker. If there is a breakfast nook adjoining the kitchen the question will never arise, the answer will be taken for granted. If there is no such nook and the kitchen is too small to allow the addition of a small table and chairs to the equipment it may be possible to install a small folded table, which comes out of the wall and is large enough for the service of four persons. This table may even be folded into the same cabinet with the ironing board and the ironing board may then be used to support it. Folding benches may also be built in the walls of a new house or be easily installed in the walls of an old one. It is possible to place both the folding table and benches under a group of windows, making a most pleasant place for serving the first meal of the day. This arrangement also adds an extra table in the kitchen which may be used when more working surface is needed. The folding benches and table may also be combined with the storage cupboard to advantage. When folded, they appear to be only thick cupboard doors which, if opened, reveal cleaning equipment, canned goods or whatever may be stored there.

Of course, the tool box deserves a permanent place in the kitchen. It may either be placed in a cabinet planned especially for this purpose, or in a small compartment of the supply or cleaning cupboard.

Any woman is particular about the light and ventilation in the part of the room where she irons and it is not always easy to find a pleasant place where she can stand on the right side of the board and plug the iron cord in the wall. Why not install the folding ironing board under a window or in a cup-

board door, wherever it seems to be most convenient. Even though special equipment has to be purchased, the added convenience may make it quite worth while. There is also the possibility of having the ironing board placed in the drawer of the breakfast nook table. This unfolds and locks itself securely in place, offering usually a very pleasant place to work and the breakfast table is an excellent surface on which to place the folded linens.

The built-in features do not need to be limited to the kitchen, however. For the storage of linens upstairs a cupboard or closet, with shelves, having doors which open into both the bathroom and hall is convenient. There may also be several drawers below the shelves which open only from the hall.

Sometimes we find the clothes chute is accessible by opening the door into the linen closet. If there is a built-in dressing table or chest of drawers in the bathroom or hall the lower drawer may have a door hinged at the bottom which, when opened, reveals the clothes chute. If this chute goes through one of the kitchen walls, and has an opening there, it will give maximum service in the disposal of soiled linens.

A small closet, tightly latched and hermetically sealed may be found in some of our very up-to-date homes. This furnishes an airtight storage space for the more valuable woolsens, and furs, as well as garments which are seldom worn.

The possibilities for built-in features in either a new home or one which is being remodelled are almost unlimited. A few ideas, well worked out, will bring added convenience, and make a more compact and livable house.

Experiments With Pressure Cookers

A research experiment on the operation of the pressure cooker in canning has recently been completed at Iowa State College by Dr. P. Mabel Nelson, head of the foods department, Gail M. Redfield, and Gertrude Sunderlin, students in research.

Housewives have been urged to process non-acid vegetables and meat in the pressure cooker, but many of them have had trouble with food spoiling by following this method. Bulletins give widely varying directions as to the use of the cooker. Some recommend that the petcock be kept closed all the time, while others direct that it be closed 3 or 5 minutes after steam issues forth. In this experiment tests were made to de-

termine the relation between the temperature of the retort and the time of closing the petcock.

When the petcock was closed 5 to 7 minutes after the steam appeared, the temperature of the retort varied 4 degrees Fahrenheit from that of the pressure gauge. When closed 3 minutes after the appearance of steam, it varied 8 degrees Fahrenheit, and when closed thru-out, it differed by 39 degrees Fahrenheit.

This wide range in temperature from 4 degrees to 39 degrees Fahrenheit, the result of the manipulation of the petcock, indicates the reason that some housewives have been unsuccessful. From observations recorded, the closest agreement between the theoretical and the actual temperatures was obtained by leaving the petcock open 7 minutes after the appearance of steam. The test also suggests the need of a thermometer on the pressure cooker to record the temperature of the retort.

Strawberries All Season

Consumers' advertising has made it possible for you to have fresh fruit the year around. For years frozen fruit has been sold to soda fountain managements in thirty pound cans or in barrels. Today, fresh strawberry shortcake can be as popular as ice cream. Quite by accident the possibilities of the frozen fruit industry were discovered. The story of how we have obtained this inexpensive, winter delicacy is centered about the everyday happenings of a Boston groceryman. He had purchased a can of fruit which was to be made into jam. A lady customer, who was in the store when the can was being opened, tasted the fruit. She advertised the product to her friends, who, in turn, advertised to their friends. As a result of the demand for frozen fruit by these individuals, the Fairmont Creamery Co. has put on the market cartons in one and two pound sizes.

Fresh, choice fruit is cleaned, sweetened, packed in paraffined paper cartons and frozen in the container. Acid fruits require considerable study to determine the exact amount of sugar necessary. In the case of strawberries one part of cane sugar is added to three parts of fruit. Twenty-four to thirty hours at zero temperature is sufficient for freezing. A barrel of fruit requires five days for freezing. Long processing at low temperature has the same effect on taste and appearance as long processing at high temperature. The fruit is preserved for any length of time at thirty to forty degrees temperature.



GIRLS' 4-H CLUBS

Club Work Is Glorifying the Iowa Farm Girl

Florence Forbes



"A woman constructed the first dwelling in the United States. It was a tent of skins stitched together with sinew and waterproofed at the seams with buffalo tallow. A splinter of bone served as a needle. The woman's husband using a sharpened stone cut lodge poles—which he dragged to the home site. The Indian woman's tepee has been copied by the whites and there is no superior in Europe. Manufacture of clothing and furniture took much of the woman's time,"—so says Bliss Isley in an interesting article on *The First American Home* in the April edition of *Better Homes and Gardens*.

The Indians lived a most simple life yet a very happy one. However, many changes have come about in the planning, building, furnishing and decorating the home since the coppery maids first built their simple shelter. Each was an artist—creating and decorating for the sheer joy of expression in art.

So the 4-H club girl today is "revamping" her own room because she loves to. She is not only making her own room more attractive but more convenient and useful. Unlike the Indian she is setting to this task with some study, thought and planning.

First she considers the general architectural plans of her room. How large is the room, how high is the ceiling, how many openings are there in the room and where are they located, and what exposure does the room have.

Like the Indian maid she takes an inventory of what is on hand and just what materials may be gathered about the home for her needs. Then there is her financial standing. Just how much is there to spend or where may she earn a little to improve this eight and a half by nine or twelve by seventeen sanctum of hers.

Thru it all creeps the individuality or that undescribable thing called person-

ality, which decides about the colors and determines just what feature may be developed most.

She learns about color, design, textiles

ful as well as attractive corner. On the plain ivory walls were hung a colorful flower picture and a cotton print. The floor is a dark, dull brown.

It is needless to say that Bessie received a big thrill because she had as a finished product something of her own planning and construction that was lovely and useful.

There wouldn't be books enough to tell all the stories of 4-H club rooms. Here is the story from Hardin county:

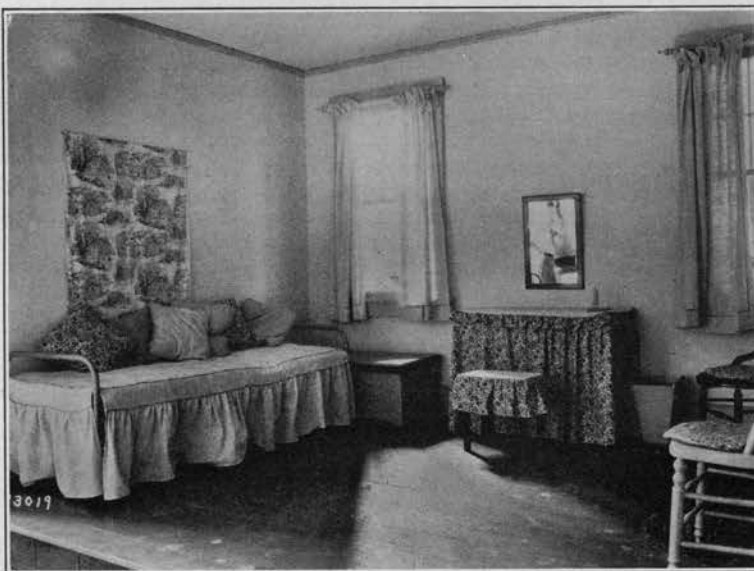
"I have in mind one room located in the northwest corner of the second story. A low ceiling slanted to meet the lower wall. On the west side a chimney projects out into the room. Before renovating took place, there was an old bed painted green with red roses for trimming, dingy

paper on the wall, and the only light fluttering into the room came from one small window on the west side of the room and a doorway in the east side. Here was the problem for two sisters, members of our club.

"They chose their color scheme green, rose and ivory. A dainty patterned wall paper was used on the wall and the furniture which consisted of an old high bedstead, dresser, chest of drawers, rocker, chair and square table. The girls used a strong solution of lye water to remove the old varnish and father's hammer came in handy to remove the excess trimming at the top of the mirror, and made the head end of the bed shorter.

"Each piece of furniture was painted two coats of primrose green and glass knobs were used on the dresser and chest of drawers. A dainty unbleached muslin curtain, patterned proportionately, and trimmed cleverly in printed gingham made an attractive window and yet allowed plenty of light to enter.

"Then some decorative accessories were added, a waste paper basket, dresser ornaments, books ends, candle holders, and desk pieces were added. And with



Bessie Wheelock, Grundy County, arranged and decorated this room.

and balance from her leader, magazines and texts, and applies these lessons to the choosing of new wall paper, making new curtains, application of a new coat of paint to the discarded rocker, refinishing of grandma's old dresser, a cover for the orange box closet and creation of new and lovely accessories. Behold a room that gives a real thrill to the modern rural girl.

The attached cut is a picture of just one of hundreds of rooms improved in 1928. Bessie Wheelock of Grundy county had an unusual—yet most interesting problem in "doing" a whole room over. There was much to be done yet little to work with. Bessie used corn board, an Iowa product, for the make-shift dressing table and closet. These with the curtains and cot called for many yards of some textile. Almanac cloth, a very interesting cotton material selling at nineteen cents a yard, was chosen for this main textile. It was combined with a perky colorful cretonne. From this a cherry red was chosen to paint a chair, curtain poles and a few other accessories. With the plain cot cover, cretonne and plain gingham pillows made a most use-

only these few things the room was a lovely appearing place which any girl would be proud of."

Veishea and 4-H

Veishea—that all important event on the calendar schedule of Iowa State College—is the occasion when every department of the college is on parade with exhibits, programs, a real parade and the traditional Night Show. Franklin Ferguson, chairman of the Veishea committee, has extended an invitation to the four state officers of the 4-H girls' organization to attend Veishea this year as guests of the Veishea committee.

This is a fine recognition of the widespread influence of the 4-H organization. The four officers, Pauline Hufford, president; Mary Johnson, vice president; Katherine Gross, secretary; Grace McCormac, historian, will have another interesting experience to share with the 4-H girls of the State when they report at the second state 4-H girls' convention.

Right March!

Right into Veishea, Iowa State College "open house," May 16, 17, 18. Four-H girls are hereby extended a cordial, royal and whatnot invitation to attend. The committees are planning on you to come and help make whoopee. A grand time is being planned for your special benefit.

Veishea! V is for Veterinary; E, Engineering, I, Industrial, S, Science, H, Home, E, Economics, A, Agriculture. It is an opportune time to visit our campus, as work done in each department is on display and prospective students can decide for themselves whether or not they would like to continue their training here.

Come and see the exhibits, the big parade, the "Nite Show," the May fete and other entertainments and attractions. Visitors are encouraged to come to the campus at this time and enjoy these things with their student friends.

Veishea—May 16, 17, 18.

Pauline Hufford

State 4-H president.

Unselfish Little Sister

"One girl in my first year class this year had twin sisters born soon after we began a unit in Child Care. She has also a three year old sister who became the subject of some interesting problems for the class. The little sister had been asked to give up her crib to the baby sister, which she did very willingly. But she also insisted on giving up her high chair and her afternoon nap, since she was no longer the baby."

Scholarship Winner

One of the newest freshmen on the Iowa State campus is Arlene Varley of Page County. Arlene is the winner of the \$100.00 scholarship that was offered by the Ball Jar Company for the best 1928 canning record. So the spring



Arlene Varley, Page county winner of the \$100 scholarship given by the Ball Jar company to be applied on study at Iowa State College.

quarter finds Arlene busily engaged in acquainting herself with a new life—that of living in a big dormitory with more than a hundred girls—and learning the "ins and outs" of the classes, and laboratories in a Home Economics college. Already she has found some old 4-H friends, many living in her dormitory. Others are familiar faces whom she met during the 1928 4-H convention.

Arlene is eighteen years of age and has always lived on a farm. She has been a 4-H Club member for 5 years. From her very attractive and complete record book entered for the contest one can readily see that she has been a consistent and diligent club member. In 1928 she canned 314 pints of food products and was always very active in carrying out her part of the program in a club of 14.

She is especially interested in music and plays the violin well.

In her recommendations, leaders have this to say for her, that she was always ready to do her part, her standards of ideals and workmanship rank high and she proved that a 4-H'er applies to her home life what she learns in club work.

Arlene says for herself, "The 4-H club

has meant a greater appreciation of my home, my community, my parents and friends, but besides my own personal good I hope I have become a better member of society."

New Club Agent

The Linn county girls 4-H organization has a new captain at the helm. Miss Gladys Adams has taken up her work as club agent. Already the clubs have been doing some fine things in the way of music appreciation and their home economics project. Just watch their step now.

National Music Week

Don't forget to mark these dates on your calendar—May 5-11. This is "National Music Week." I'm sure every club will make some special plans for music programs during that period. There will be special attention paid to music on the radio program from W-O-I May 4th at 10:00 a. m.

Club News

Did you receive your copy of the March issue of the Iowa Club News? Do you want it? Write to Miss Hazel McKibben, Iowa State College, Ames, for it. Have you affiliated yet? If not will the High School clubs send in their three dollars and the college group their five dollars to your state advisor? You know that only the affiliated clubs will continue to receive their copies of the Club News beginning with the April issue.

But we have no money to affiliate you say? Perhaps we can give you some helpful suggestion. It is springtime and mothers like to be outside more these days instead of spending so much time in the kitchen baking cakes and cookies for the families. Here is a suggestion: Why not take orders from the mothers for baked goods which you will sell at a small profit and increase your affiliation fund thereby?

Have you ever tried to sell candy at the building at noon or after school? Another good seller is Taffy Apples at ten cents apiece. Here is the recipe:

- 1½ lb. can of Corn Syrup (dark or light)
- 2 cups of granulated sugar
- 2 Tablespoons butter
- Wooden skewers or lollypop sticks (Your manual training people might make these for you)
- Small apples (red are better).

Boil the sugar, syrup and butter together until brittle in cold water. Remove from fire and if the apples are not very red add a little red coloring. Thrust

(Continued on page 16)

Iowa State Home Economics Association

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Conducted by MARCIA E. TURNER

Increased Opportunities for Teachers of Home Economics

By Regina J. Friant

The prospect for rapid development in the field of Home Economics Education in Iowa and in the entire United States was never brighter than it is at the present time. On February 5th, President Coolidge signed what is known as the George Reed bill. This bill makes possible increased Federal appropriations which are to be used for the reimbursement of Vocational Home Economics. The total of the first funds available for reimbursement is two hundred fifty thousand dollars. To this sum will be added an additional two hundred fifty thousand dollars each year for five years and the total amount at the end of five years will be one million, two hundred fifty thousand dollars. This money is to be used for reimbursement in the forty-eight states, the exact proportion for each state, based upon the rural population which is greatly in excess of the amount now available.

In the twelfth annual report to Congress of the Federal Board for Vocational Education, figures were given showing that the total reimbursement for Vocational Home Economics in the United States for the year 1928 was \$492,158.28. Thus, we see that by the end of the fifth year the amount of money from the George Reed bill will be greatly in excess of the amount used during 1928. During the year of 1928, there were two thousand, one hundred sixty-four Vocational Home Economics units reimbursed from Federal funds. With this increased Federal money available for reimbursement, it seems logical to assume that the reimbursed Vocational units will greatly exceed two thousand, one hundred sixty-five within a few years. While it is not possible to predict how the different states will plan to use this fund, it is probable that there will be an increased number of Vocational Home Economics schools; an increased number of evening schools of voluntary part time and, part time continuation schools. In all probability, some of the funds will be

used for reimbursing departments that have been strengthened and emphasized.

This increased emphasis in Home Economics will be a greater demand for better trained teachers of Vocational Education. Young women who are now considering teaching as a vocation would be wise to investigate this field. The new appropriation makes provision for reimbursement for a five year period only. It is to be hoped that during these next five years, the work in the field will become so strong and so worthwhile that increased funds will be made available both from state and national sources.

From Europe

A most interesting and inspiring guest at Iowa State College has been Miss Elsa Dyrssen of Sweden. Miss Dyrssen is principal of a normal training school for girls and has come to the United States to observe and study the methods used in our teacher training colleges, Home Economics and Agriculture schools. In the three weeks spent in Iowa she has had a full program visiting as many departments at the college as time afforded and visiting different activities in the Agricultural Extension Department. She has made trips into Iowa, Jasper, Hamilton and Story counties with specialists and county agents to observe extension methods and visit rural homes. As yet there is not a well developed system of organized groups for rural women and girls in Sweden. Miss Dyrssen left Iowa State to visit the State Agriculture College of Minnesota.

Burlington Goes to the Head of The Class

Miss Elizabeth Lamb reports that Burlington teachers have subscribed 100% for the Ellen H. Richards fund. Similar reports will be gladly received by Lulu E. Smith, University of Iowa, who is chairman of the fund.

A Professional Goal

The First Requirement for Professional Advancement

High School students who look forward to college as a preparation period for some work they expect to do have set for themselves a professional goal. They pursue courses which are prescribed by the college as desirable and necessary for their future work. If they are wide-awake individuals by the time they have reached their senior year, they have begun to have a broader vision of the scope of the field they have chosen. Their particular interest may have been directed into some channel which they had not learned of before entering college. Perhaps this particular phase has only recently been developed.

What are they doing in their chosen line since leaving college to keep abreast of other workers in the field? Are their professional goals limited by the vision they had when they entered college, or the vision they had when they left? Have they made any professional advancement toward their goals?

Professional advancement is received on the basis of one's professional improvement on each job. This constitutes doing the present job better each year. One's improvement may be due to the use of better methods, to increased knowledge gained through reading and formal study, or through a broadening of the scope of present work in one's organization.

How are candidates chosen for professional advancement? There are occasions where a candidate learns of a vacancy and makes a formal application for the position. More frequently perhaps the one whose responsibility it is to secure candidates for a position has been looking for a person with the required training and characteristics to fill the position before the general public knew there was an opening in the organization.

More and more individuals and organizations are making contracts with prospective candidates through the institutions known to be offering work which prepares students to be independent

thinkers. They want to know how recent the training has been and how the trainee has made use of the training out on the job.

To obtain this latter type of information, supervisors and managers under whom an individual works are consulted to learn how much vision, initiative and resourcefulness has been displayed; also, to know if the person has developed an interest in some phases of work more than in others.

One of the important factors in consideration of a prospective candidate is how recently the person has been doing advanced study along particular lines. Research departments are developing all fields so rapidly that one who postpones advanced study many years is in grave danger of being passed by in the search for leaders.

The person who has a professional goal usually has a plan for future study which is not far distant from the time of receiving an under-graduate degree. The individual who has a special interest is the one who is sought for particular responsibilities.

In a recent conference of a supervisor and an executive, a prospective candidate was eliminated from the list because she had evidenced no particular interest when she had been back in school. Another was rejected because she had not been back in school since her graduation five years previously, and another had had lapses of too great duration between the times she had been back in summer sessions to warrant considering her for a leadership position requiring persistent effort. One candidate given consideration had been out of school two years, but each year she had increased her interest and ability in one phase of her work. Another had just completed work for her master's degree with her major in the phase of work where she had done outstanding work as a teacher.

If one has definitely decided on a professional goal, the place for further training should be given careful consideration. If one's alma mater offers equal opportunities for training and placement with other institutions, there is no reason why advanced study should not be pursued there. The fact that only a few graduate students have been trained in an institution should not deter one from choosing that school.

The facts which should weigh most heavily are, what is the professional standing of the heads of departments offering graduate work, and what are the opportunities for placement of both the graduate and the under-graduate students trained in this institution?

"Non well-appareled April on the heels of limping winter treads!"—Shakespeare.

Teas

Teas and luncheons and afternoon entertainments honoring the mothers have been popular in many schools. The girls gain in social poise, kindly courtesy and managerial ability if responsibilities are delegated to them. The teacher then has an opportunity to explain the aim of home project work and to ask the mothers for their help in planning and supervising the daughter's project. A clever invitation was sent out by the homemaking girls at Jesup. Jennie Nelson wrote this original rhyme which was typed and pasted on a white paper rolling pin.

"The rolling pin is beckoning
For you to come our way
To see how we can work
And also how we play.
We want to start home projects,
So—who else but you
Could give us real suggestions
As to what homemakers do?
So may we greet you Thursday
At two-thirty, afternoon?
We're glad that we shall see you
So very, very soon."

From the Supervisor's Notebook

It is pleasant to remember:

1. Crisp theatrical gauze curtains, colorfully trimmed, in clothing laboratories that need all of the light possible.
 2. Laboratory aprons or smocks that are clean, orderly and colorful—the teacher's included.
 3. New dishes, silver and linen that make class meals a joy.
 4. Artistically arranged bulletin boards, buffet tops, book racks and shelves.
 5. Class discussions where the students bring in problems from their daily environment.
 6. The courtesy and friendliness of girls in the homemaking classes.
 7. The cooperation and enthusiastic support given the homemaking teachers by their superintendents.
- There are haunting recollections, too:
1. Cupboards that are not mouse proof.
 2. Unsightly dish towels and dish cloths.
 3. Embroidery and paint work that violate art principles.
 4. Unhealthful posture in sewing classes.
 5. Coughs and sneezes which were not "covered."
 6. Groceries put on the supply table or in the refrigerator in paper sacks.
 7. Homemaking girls going without breakfast, refusing to drink milk, eating a hot dog sandwich or a Hershey bar for lunch.

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On the Campus

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The Plea of the Dishrag

Dishcloth who resided at Mrs. Sanna Terry's came to visit Dishrag, her sister. She found her in rather a downcast attitude. Dishrag was a member of Mrs. Society's household, and was quite disgusted with the manner in which the lady handled her duties. Her sister found her in tears and she implored Dishrag to tell her the cause of this grief. Dishrag presented a dismaying sight and sadly told her story to her sister.

"I'm just a mere nobody around here. Over at Mrs. Sanna Terry's you are respected and called Dishcloth. I not only lack the title, but the appearance. Oh, such a dirty greasy sight as I am. In the first place I was made from an old worn out pillow slip. That's a fact disgraceful in itself. Besides, I'm never washed out from day to day. After Mrs. Society gets through with me, she half squeezes me out of the greasy dish water. Then I get fired into the dishpan and set in the darkest corner imaginable. In the summer time when a fly discovers me, he summons all his friends. They come by the swarms and shout gleefully to one another. It makes me furious to be treated in this manner. When I am all worn out into the stove I'll go.

"Just think, Dishcloth, the other day my mistress had the Ladies Aid Society here. Some of the women were going to wash dishes and they hunted high and low for the dishcloth. They almost gave up when one of the ladies took hold of me and said, "Can this be it?" Believe me, I was ashamed. Never before was I so embarrassed and I couldn't tell her where to find a clean one, because there are none at this house.

"You have everything nice at Mrs. Sanna Terry's. If I only would get a thorough cleaning and be placed in the sun, I would be as neat appearing as you are.

"Well, Dishcloth, I'm glad you came. Since I told you my story, I don't feel so blue. I certainly can't see why I'm neglected. Mrs. Society is so well educated. She can prepare well-balanced, attractive meals. She dresses her children very stylishly, and is quite proud of her family. Just the same I don't believe in this "up to date stuff" when the dishcloth doesn't share the family pride."

A little learning is a dangerous thing;
Drink deep, or taste not of the Pierian
spring. —Pope.

"Life is so short and the quiet hours so few, we ought to waste none of them in reading valueless books." John Ruskin.

"The nation that has the schools has the future."—Bismarck.

THE IOWA HOMEMAKER

A Magazine for Homemakers From a Homemakers' School

VOL. IX

MAY, 1929

NO. 1

Published Monthly During the School Year by the Home Economics Students of Iowa State College, Ames, Iowa.
Price \$1.00 per year. Advertising rates on application.

Entered as second class matter at the post office, Ames, Iowa.

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OUR FIRST ISSUE

The old staffs said goodbye to you in the last issue. You readers know better than anyone else how well they have served you during the past year, but we must take you behind the scenes and tell you about the cooperation they have shown to the new staffs during our initiation into our new work. Through their many helpful suggestions and ideas they have gradually shifted the responsibility from their shoulders to ours.

In assuming that responsibility we will try to do our share by making the Iowa Homemaker a magazine that will be helpful to homemaker, club-worker, teacher and student. We intend to give you alumnae news, experimental and research news concerning work at Iowa State College, and any new or general information which we think you would like.

Now, we would like your cooperation, whether it be in the form of commendation or criticism. We must know your wants before we can satisfy them.

VEISHEA

A month from tomorrow Veishea will be formally inaugurated. Then will follow three days of campus celebrating.

Veishea means "Iowa State on Display." It is an exposition of the college, an exposition which might be compared to a large fair where everyone goes for a good time. There will be music by the college band, a parade of floats from each department of the five divisions of the college, the May Fete, the crowning of the May Queen, the nite show, and as a climax, fireworks to complete the 1929 Veishea.

The IOWA HOMEMAKER together with every

student and faculty member welcomes you to our college. To the high school students who will be graduating this spring we send a special invitation. Come and help us enjoy Veishea, May 16, 17, 18.

TO OUR MOTHERS

"What a fortunate girl you are to have your mother still with you," an old man passed the ninety-two year mark said to me recently. "I do not remember my mother—she was taken from us when I was just a wee fellow." The deep regret in his voice and tears in his eyes betrayed his emotional calm.

That remark makes us gasp when we note how different we are, at times, toward our own mothers—those fortunate ones of us who "still have our mothers with us." We accept them unthinkingly along with the other privileges which life doles out to us. Only when this privilege is withdrawn from our reach do we begin to fully realize what a mother means.

During the hurry-scurry of college days, it is so easy to neglect those little courtesies which our mothers so much appreciate. We are careless in sending the weekly letter, forget about birthdays. Our mothers do not forget us; thoughtfulness is an inherent characteristic of motherhood. Solicitous letters when examination days are in full swing, surprises in the laundry bag and perhaps a greenback tucked in a letter to buy that much coveted dress, show us that our mothers are thinking about us.

Mother's Day has been delegated as a national appreciation of Motherhood. This day should serve as a reminder of our personal indebtedness to our mothers. It was Poe who said: "All that I am, or hope to be, I owe to my angel Mother."

Lorraine D. Gutz

THE HOME AND PERSONALITY

Personality, writes Ernest Groves in his book, *Social Problems of the Family*, is the product that results from the influence of social contacts in molding the hereditary equipment of the individual. In this process of personality-making the home must necessarily have the foremost place since it provides the most productive stimulations by intimate contacts at a time when the child's uninformed personality is supremely sensitive to his associations. By the mere accident of the individual having fallen into one home rather than another, personality gets its start along the lines in which it is most likely to develop. Experience shapes the personality and the home has the chief opportunity to furnish the experiences that set the personality for life.

The home is the factory where the greater part of a personality is made. The method by which the family gets its power is clear indeed. The child, so soon as he expresses in activities his fundamental reflexes, begins to receive reactions from the elders about him, and these are incorporated as stimuli in the sum-total of experience repeated many times, in conditioning of the original reflex.

Alumnae

News



By VERA CAULUM

NEW POSITIONS

Evelyn Shephard who graduated in March has returned to take graduate work this quarter.

Gail Latimer and Betty Barker have returned from Detroit where they attended Merrill-Palmer during the winter quarter.

Dorothy Ruggles, who graduated in March, will enter the Lutheran Hospital in Los Angeles, July 1, for student dietetic training.

Pauline May, who has been teaching in Alden the past year has returned to the campus for the spring quarter.

Cleo Fitzsimmons, '28, who has been doing Purnell Research work, assumed her duties as home advisor for the Illinois Extension Service April 1, with headquarters in Geneva, Ill.

Gladys Adams, '28, accepted the position of Home Demonstration Agent for Linn County. Her offices are located in Cedar Rapids.

Jane Wagner, '27, is working on her master's degree at Columbia. She has been connected with the Certo Company.

Dorothy Dean Heryford, '28, is doing extension work in Webster County.

Mable Shephard, M. S. '27, is taking a three-year nurse's training course in Mt. Sinai Hospital, New York City.

Hazel Brown, '26, and Mary Wilson, '27, have recently joined the nutrition staff of Schrafft's. Formerly they were associated with the Child's Restaurant Association, in New York City.

Two new members have been added to the staff of the Home Management department to supervise work in the Home Management Houses. Miss Florence Quast, from the University of Washington, Seattle, is in the Georgia White House, and Miss Lucille Reynolds, from the University of Chicago, is advisor in the Gertrude Coburn House.



Thirty-four people attended the conference for leaders of the Home Economics Department in the state of Iowa which was held here Friday and Saturday, March 29 and 30.

The conference was called by Miss Anna E. Richardson, former dean of Home Economics at Iowa State College, who now is Field Worker in Child and Parental Education under the American Home Economics Association with headquarters at Washington, D. C.

The purpose of the meeting was to discuss parental and child development. The discussion was conducted by round table method and one of the questions dealt with extensively was, "Is there a place for parental education in college curriculums?"

Among those who attended this conference from off the campus were: Mrs. May Pardee Youtz from the Child Welfare Research Station at Iowa City, Miss Jenny Rountree who is studying at the University of Iowa from the University of Washington, Miss Fritzsche, who is a home economics instructor at Graceland College, Lamoni, Miss Mate Geddings who is an instructor of home economics at the University of Iowa, Miss Josephine McMullen, State Supervisor of Vocational Education in the State of Iowa; Miss Rose Hansen, Miss Bernice Allen and Dr. Kirkwood of State Teachers College at Cedar Falls.

Miss Harriet E. Sedgwick, who was graduated from Iowa State College in June, 1928, has accepted a job at Mills College in Oakland, Calif., where she will supervise the feeding of the girls in Ethel Moore Hall.

Emma Marie Coltvet, Eagle Grove, senior home economics student at Iowa State College, was one of the winners in the national "Ideal Farm Home" contest sponsored by the American Farm Bureau federation. Miss Coltvet drew the plans for the house in an applied art class at Iowa State. More than 6,000 plans were submitted.

Olive Swanson, '28, who has just completed her dietetic training work in the Walter Reed Hospital, Washington, D. C., was one of the four graduates retained in the employ of the hospital.

Lottie Matschoos, Coburg, Germany, who was on our campus last year has written an interesting letter to Dean Genevieve Fisher concerning her work. April 1, she became associated with the German Women's Schools, which she states are quite similar to home economics undergraduate schools. The work, composed of organizing and improving the vocational education done in these schools, necessitates travel in Germany and other countries. Miss Matschoos' office is located in the Ministry of Agriculture at Berlin.

"The more a man is educated, the more it is necessary for the welfare of the state to instruct him how to make proper use of his talents,"—Selected.

"Count that day lost
Whose low descending sun
Views from thy hand
No worthy action done."

—Selected.

"We may live without poetry, music
and art,
We may live without conscience and live
without heart,
We may live without friends,
We may live without books,
But civilized man cannot live without
cooks."

—Owen Meredith.

How is Your Disposition?

(Continued from page 4)

Watch my young man, just out of high school."

The young man referred to, quickly, with one twist of a queer-shaped knife opened a huge oyster, then another and another, until the class saw before them a tray of luscious looking oysters on the half-shell. Then he picked up a lobster in his left hand, a small hatchet in his right, chopped two or three times, and there lay the lobster cut and dressed, ready for the broiler.

"Judge for yourself if it is necessary to employ old men to do the food preparation in a large hotel kitchen," added the chef proudly when the demonstration was over. "Moreover, all my help agrees with my dietary theories and so we all work efficiently together."

Small Shop Efficiency

"Imagine a crowd of from 600 to 800 being served daily in this little shop. That number is not at all unusually large," said Miss L. Parrs, hostess of the B-G Sandwich Shop in Des Moines, when asked about the service in the shop over which she presides.

"People like good cake, good pie and good coffee, and primarily upon those things we have built our reputation," she continued.

Miss Parrs explained that in B-G Sandwich Shops the kitchen is really a separate commissary department where all the food is prepared and then sold to the service shop.

"The reason for this system is that one kitchen usually supplies food for several shops, and our method of book-keeping is much simplified by keeping the kitchen as a separate unit," she explained.

All the employees are very proud of the shop's new coffee service, she said. The service consists of a battery of attractively shaped glass coffee dispensers in which the patron watches the making of clear, fragrant coffee.

"By using these small pots of glass we find that the coffee is of higher quality than when made in large quantities and in metal containers. All B-G Sandwich Shops are famous for their fine coffee, their excellent cake and pie and their quick service," Miss Parrs boasted proudly.

The compact organization of the entire service explains to the visitor the secret of this small shop's ability to serve great crowds in an unbelievably short time, she added.

'Tis not a lip, or eye, we beauty call,
But the joint force and full result of all.
—Pope

ENSEMBLES

All silk coat—with printed silk lining and dress to match.

Wool Tweed coat and skirt with pussy willow blouse.

Print Dress with French flannel coat.

Tan silk coat with printed dress.

And many other styles.

THE RIEKENBERG SHOP
STYLE SHOP
West Ames

Have You Tried the

Sandwiches

Salads

Waffles

AT THE

MEMORIAL UNION GRILL?

Every Student Is a Member of Memorial Union

MOTHER'S DAY Will Soon Be Here

Make your selection of cards now while the assortment is large.

Leave your order for a box of Whitman's Mother Day Candy. We will mail it for you.

Campus Drug Company

LINCOLN WAY & WELCH AVE.

Patronize Homemaker Advertisers

For all that is good in jewelry

Smith Jewelry Co.

212 Main

What is your Mother's favorite candy?

Give her a surprise on Mother's Day, May 12, by sending her a box of those delicious peppermints or chocolate creams.

Come in to see us now. We will make up any kind for you.

Our Candies Satisfy

Howard Adams
Candy Kettle

FOR
ATTRACTIVE
COLLEGIATE

Ready-to-Wear try Shipley's

We always have the newest styles for the younger set in our Ready-to-Wear department. You are welcome to see the new coats, dresses, and undergarments, we are now showing.

New Piece Goods
for early summer

For those who want to make their own clothes, you will get a fine selection of patterns here.

Shipley-Pedersen
Company
302 Main St.

The Eternal Subject

(Continued from page 1)

ings, which were not infrequent when she was in the grip of the whalebone.

One of the first women who advocated changing to a simpler and more practical dress was Amelia Jenks Bloomer, who was also a women's rights advocate. She was born at Homer, New York, in 1818. In 1849, she took up dress reform, and designed and wore a short skirt over loose trousers gathered around the ankles. The name of "bloomers" became attached to these, and to any divided skirt or knickerbocker dress for women. Till her death in 1894, she took a prominent part in temperance campaigns and in woman's suffrage, but little resulted from her efforts at reform of dress. She was considered peculiar by many, because of her "daring" dress. It is to be regretted that people of that day could not see the present fashion in dress.

In the '70's, the fullness of the skirt was drawn to the back, and the bustle was worn to make fullness more accented and to extend the figure. This was followed by various extremes of long, wide, heavy skirts and ugly fashions.

At the beginning of the nineteenth century there were many changes in fashion. The fashion changed so often during this time that it kept everyone gasping for breath to keep up.

First the ruffled, flounced, braided and stitched bell-shape skirt, the leg-of-mutton sleeve and the high necked bodice were worn. Then came the large double-puff sleeves, the pompadours, and picture hats with ostrich and ribbon—perched jauntily on one side of the head. 1903 featured the pancake hat, the train dress and the straight front corset. In 1904 women caught their breath for a time, for there was no radical change, but later came the separate skirt and blouse with gores and pleats substituted for the flounce and ruffles. Then came the Gibson Girl, America's only real contribution to fashion, the stiff starched white skirt and elbow sleeves and blouse with red ribbons. Over-hanging shoulder lines were seen in 1908. The skirts were one inch above the ground. Puffing and padding came off and after seventy years, the female form could be discerned. A tailored mode was very evident.

With the debut of the motor car an inane number of feminine motor caps, hats, veils, goggles, gauntlets and capes appeared. Women swathed themselves for protection against exposure to the wind and dust.

With the slit skirt in 1914, the feminine leg made its first unblushing appearance in modern times, and in 1915 and 1916, the skirts gradually began to rise from the floor. In 1917, the silhouette was slim and the skirts shorter, but

fully to the ankle. Fashion was on the verge of becoming unladylike. The skirt was still shorter in 1921.

For some time the manufacturers of clothing and dictators of fashion were fearing that there were not enough changes being made to stimulate business, so every available means was used to change the style back to the elaborate dress of earlier days which would make a new demand for their goods. After an intensive campaign it was brought about. Skirts dropped to the ground and drappings of all kinds were used.

In 1923 there was a change to shorter, simpler garments because the dresses of 1922 were no longer practical for the activities which women had undertaken. The new dress showed the dawn of a more stable fashion. For the first time it was youthful, and the bobbed hair helped to make this fashion permanent. The use of dark dresses, light collars and cuffs, and small felt hats was universal. Everyone was boyish and submerged their individualities for these reasons. Chivalry fell off, so it was necessary to make the dress more feminine. Side flares, bows, tiered skirts and light hose were used, without much change in the silhouette.

From 1900 to 1923 there were very decided changes in fashion. Now the changes are more subtle. We have illusions of change. The fashions are more or less stable, but we must have newness and variety for we do not want them to become the dull and universal costume adopted by the men. New fabrics, new and differently named colors come each year. The same shade of blue may be Harding blue one year and New blue the next, only the name lends the charm. The hatpin industry has vanished. The same hat comes each year with a different decoration, simple and tailored.

The corset and corset cover are gone—along with the long-sleeved and long-legged union suit and the ruffled petticoat. These are replaced by one silk garment, the chemise or two pieces, the bloomers and brassiere, with the dress on top.

The rate of fashion change seems actually slowed down. The woman who really wants to wear her clothes more than one season can do so. All she needs is new accessories. The flounces that appeared two years ago are still good. Diagonal tucking and seaming on coats and frocks is similar to that of two years ago. Fashion so far as variety is concerned is desirable, for it has given picturesqueness and color in the past, and has relieved the dullness of the everyday world, but we have learned to attain this same end in a much better way than was done by our ancestors.

One writer still says that until Paris decrees a return to the garb of modesty, the labor of church and reformers will

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Homemakers in all parts of the country are finding
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ADDRESS

THE HOMEMAKER COOKBOOK

Room 206a Home Economics Hall

Iowa State College

Ames, Iowa

be in vain. No reformation of the past has met with success which has not moved along the line of fashion. The present-day styles seem to give us a convenient,

comfortable, hygienic, economical dress. If we can keep from going to the extreme with short skirts and few garments perhaps we can be satisfied to retain what is best of this fashion and never return to the extremes of former days.

"Education—a debt due from present to future generations."—George Peabody.

"Dot, where did you get that stunning formal?"

"At the

JENNY FROCK SHOP

Madge, for only \$15.00"

724 Walnut Street

Des Moines, Ia.

Club News

(Continued from page 7)

the sticks firmly into the cores of the apples, turn them around quickly in the hot syrup several times and then in a bowl of ice water. Place the apples on a rack or stick them in a paste board box. If everything is ready before you start dipping the apples, it is possible to work very rapidly.

We hope these suggestion will help you in your money-making efforts and wish you much success in using these or any others which you may have.

Give Tea

The faculty members of the Home Economics Division gave a tea for the extension group, who were in conference at Iowa State April 8 and 10. The tea was held in the fire-place room.

"Lost yesterday—somewhere between sunrise and sunset—two golden hours were lost, each set with sixty diamond minutes. No reward is offered for they are gone forever."—Horace Mann.

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Downtown

What is it
worth to be
certain—?

TALLMAN JEWELRY
STORES

BLUEBIRD
Registered
GENUINE DIAMOND RINGS

Newest
Creations
In
Footwear

AMES
BOOTERY

The Home of Good Shoes

VEISHEA!

BIGGER and better than ever! Iowa State's "open house" beckons hundreds of visitors to her attractive exhibits. Each division, every department has its part in Veishea, the all college spring festival. You are welcome to visit

Iowa State on Display—May 16, 17 and 18

wooden shoes are better

And the "bound" feet of Chinese women of the old regime almost as comfortable

Woman today, the experts say, is dressing more sensibly than ever before—except for her feet.

Some of the prevailing styles in women's shoes are less sensible physiologically than wooden shoes; many of the feet that wear them are hardly more comfortable than the "bound" feet of the Chinese woman of the old regime.

Short skirts, low necks, short sleeves, all let in healthful ultra-violet rays, allow free circulation of the blood and permit the tonic effect of fresh air. The passing of "bone"-walled corsets now leaves unrestricted the functioning of the vital organs.

That women's feet may be more comfortable and women's shoes more sensible, clothing specialists at Iowa State are conducting an experiment with many types of shoes to find out which types are best and why. Volunteers wear these shoes on test and report results.

Clothing specialists at Iowa State hope that women's shoes may soon be as sane and as comfortable as the remainder of her clothing.

IOWA STATE COLLEGE

AMES



"SHE DRESSES LIKE A *Hollywood Star*"—

Smartly dressed girls are quick
to adopt the stunning styles
found in the new sleeveless

Hollywood Frocks

Gay, colorful, clever, attractive
copies of imported models

Hollywood Dresses

\$16.95

Quaint, feminine frocks with high jacket effects, clever high ties, plaits, peplins, new point styles, jaunty scarfed and daintily embroidered collars. Plaited and tucked flounces. Sash and band effects.

New shades in green, suntan, red, peach, gray, orchid, yellow, blue and white in new gingham tinctive cuts for sports-color combinations.

Misses' Shop 3rd Floor

Jacket Dresses

\$15-\$89

Finger tip lengths, full length and bolero in quilted, plain, embroidered and stitched jackets. Latest color combinations in navy blue and egg shell and navy blue and suntan.

Also fascinating dotted print chiffon with matching chiffon jacket. It's smart for a spring dress to have a jacket.

Misses' Shop 3rd Floor

New sets of wooden beads, \$1; wooden earrings, \$1.95; and wooden bracelets, .69; in distinctive cuts for sportswear.

1st Floor



Younker Brothers Harris ~ Emery's